

Presented by: Stanley C. Mantooth, Ventura County Superintendent of Schools
Coordinated by Dawn Anderson, Director of Comprehensive Health and Prevention Program

Remote **CATCH**® My Breath Training

Youth Vaping Prevention Program

No Cost

Zoom Training Sponsored by the TUPE Program

Register for one of the following training days:

December 2, 2020

(9:00 – 10:30 a.m.) [click here](#)

Registration deadline: Nov. 25, 2020

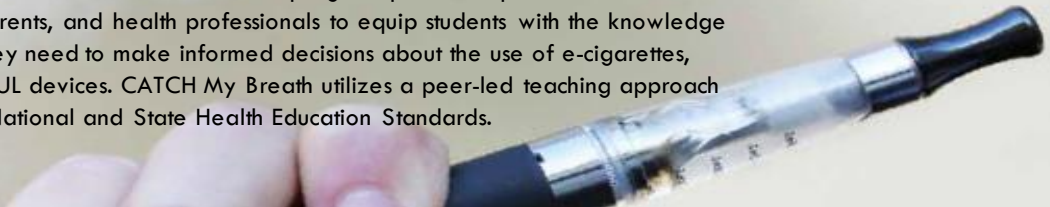
OR

January 6, 2021

(1:30 – 3:00 p.m.) [click here](#)

Registration deadline: Dec. 30, 2020

CATCH My Breath is a peer-reviewed, evidence-based youth vaping prevention program developed by The University of Texas Health Science Center at Houston (UTHealth) School of Public Health. The program provides up-to-date information to teachers, parents, and health professionals to equip students with the knowledge and skills they need to make informed decisions about the use of e-cigarettes, including JUUL devices. CATCH My Breath utilizes a peer-led teaching approach and meets National and State Health Education Standards.



Curriculum Goals

The overall goal of CATCH My Breath is to prevent the initiation of e-cigarette use among preteen and teen adolescents. The program is designed to help students:

- Discover that *non-use* of e-cigarettes is the norm for adolescents
- Identify reasons why young people might start using e-cigarettes
- Recognize the subtle, and not so subtle, messages in e-cigarette advertising
- Practice skills for resisting peer pressure and advertising pressure to use e-cigarettes
- Decide on their personal reasons not to use e-cigarettes and set goals for future non-use

Educational Strategies Used:

- Social emotional learning (SEL)
- Peer-facilitated cooperative learning groups*
- Large-group discussions
- Analysis of mass media
- Goal setting

*The use of peer group facilitators ensures cultural appropriateness for students across socioeconomic groups, cultures, ethnicities, and regions in the United States. In addition, same-age peers are more likely than teachers or outsiders to speak the same "peer language" and have the same perspective as the students.

Program Structure:

- The CATCH My Breath Program (grades 5-12) ages 10-18
- 4 unique lessons for each grade group, that are approximately 35 minutes each
- Each session includes a lesson plan with learner outcomes, a detailed outline of directions, and all materials including corresponding PowerPoint presentations.

A zoom link will be provided closer to the date of training. For more information contact Tina Koonce at TKoonce@vcoe.org or (805) 437-1393.

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